

Monthly Newsletter

DYNAMIC TAEKWONDO

December 2024



Here's what has happened in the last month and what's to come!

Good Morning Dynamic Families!

November just flew by! We hope everyone had a wonderful Thanksgiving and enjoyed quality time with your loved ones.

Thank You for a Memorable Belt Testing!

A huge thank you to everyone who joined us for our final belt testing of 2024. It was amazing to see parents celebrating and cheering for their children! All the students performed wonderfully, and we're so excited to see their continued growth in the new year.

Another big thank you to the families who supported us by purchasing from our snack bar and merchandise table. Your contributions made our charity fundraiser a great success!

Welcome to Our New Students!

We're thrilled to welcome new faces to the Dynamic Taekwondo family. Watching our community grow is truly rewarding, and we look forward to seeing your progress!

Let's make the rest of 2024 amazing together. Thank you for being part of the Dynamic Taekwondo family!

As the holiday season approaches, here's a quick reminder of our closures:

- **Closed:** Christmas Eve (12/24), Christmas Day (12/25), New Year's Eve (12/31), and New Year's Day (1/1).

Dynamic Team x

In this newsletter you can expect:

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Dynamic Focus December to January

As the weather gets colder, it's the perfect time to build strength, endurance, and refine skills! This winter, we're focusing on:

- 🏋️ **Conditioning:** Boosting stamina and overall fitness to stay energized and strong.
- 💪 **Strength Training:** Building muscle and improving power to enhance performance.
- 🥋 **Technique:** Sharpening Taekwondo fundamentals for precision and excellence.

💡 Why Winter Training Matters

Staying active during the colder months not only keeps the body healthy but also strengthens the mind. Consistent effort now lays the groundwork for these upcoming events and long-term success.

🌟 Preparing for an Exciting 2025

This focused winter training is the foundation for a successful new year! Major milestones are just around the corner, including:

- 🏆 **RVA Championships** in March, bringing together the best of the local Taekwondo community.
- 🥋 **Belt Testing** for all students, showcasing progress and skill mastery.
- 🏆 **Black Belt Testing**, a significant achievement in every Taekwondo journey.

Let's set clear goals, work hard, and make this winter count. Together, we'll kick off 2025 stronger than ever! 🚀

CALENDAR

🎄 December 2024

- 🍪 **DIT Baked Goods Fundraiser:**
Dec 6-13
- 🏠 **Family-Friendly Night Class**
Event: Dec 9-20
- ❄️ **Winter Camp:** Dec 23-Jan 3
- 🎅 **Christmas Eve & Day (Closed):**
Dec 24-25

🎉 January 2025

- 🌟 **New Year's Eve & Day (Closed):**
Dec 31-Jan 1
- 🍪 **MLK Day (Closed):** Jan 20
- 🟥 **Red Belt Testing:** Jan 31

IMPORTANT

🍪 Help Your Dynamic DIT Team!

Support our team while treating yourself! From **December 6th-13th**, purchase delicious baked goods and help us raise funds for essential training supplies.

🍪 **Baked Breads:** \$10

🍪 **Cookies:** \$3 (for 5) or \$6 (for 10)

Please reach out to any DIT to purchase.

Thank you for being part of the Dynamic Taekwondo family! 💪



Dynamic Spotlight



Instructor Bonnie

Instructor Bonnie started Taekwondo to become the healthiest, most active 72-year-old around—and she's exceeded that goal! Her dedication and passion inspire everyone, showing how Taekwondo strengthens both body and mind.

We're so grateful to have her in the Dynamic Taekwondo family! 🇺🇸❤️



Lily Grace S

Lily Grace joined Dynamic last year and has recently been promoted to Green Belt! Her dedication to Taekwondo is evident in her excellent form, and she's also a super helpful team player. We're proud to have her on the team—keep up the great work, Lily Grace!



RVA Championship

🏆 **RVA Championships - March 22, 2025** 🇺🇸

The **RVA Championships** are fast approaching on **March 22nd**, bringing multiple schools together to showcase skills and talent. We invite **all ranks** (White Belt to Black Belt) to start training hard and prepare to join the competition! With over **250 attendees** expected, this will be an exciting event for participants and their families.

We're also seeking local community **sponsors** for this event. If you or your company would like more information, please reach out to us at **leesdynamic@gmail.com**.

We can't wait to support our school and see everyone shine at this incredible event!



December Birthdays

🎉 **Dynamic Taekwondo December Birthdays** 🎂

- **Sawyer H.** – 12/6
- **Nate G.** – 12/9
- **Oliver R.** – 12/9
- **James S.** – 12/16
- **Jackson B.** – 12/18
- **Molly C.** – 12/20
- **Alexzander S.** – 12/20
- **Johnny D.** – 12/21
- **Paxton J.** – 12/21

Wishing all our December birthdays an amazing celebration! 🎉



❄️ 🎄 Winter Camp 2024: Fun for Everyone! ❄️ 🎄

Keep your kids active and engaged this holiday season with our Dynamic Winter Camp!

📅 Camp Details:

- Morning Drop-off: Starting at 7:00 AM 🕒
- Evening Pick-up: Until 6:30 PM ⭐

💰 Pricing:

- **Afterschool Program Members:** Included in weekly tuition.
- **Evening Class Students:** Special rate of \$79 per day.
- **Non-Members :** \$89 per day.

💎 How to Register:

- **Afterschool Program Families:** No additional steps needed—just let us know if your child is attending! ✅
- **Evening Class Students & Non-Members:** Reserve your spot at leesdynamic@gmail.com

Spots fill up quickly, so don't wait! 🎄 Contact us with any questions. Let's make this winter break unforgettable for your kids! 🎉

🎉 Daily Festive Events:

- 📧 **December 23:** Letters to Santa – Kids can share their holiday wishes!
- 🎬 **December 26:** Christmas Movie & PJ Day – Wear festive pajamas 🎄 and bring a cozy blanket. 🛏️
- 🍕 **December 27:** Pizza Party – Enjoy pizza for just \$7 (optional).
- ❄️ **December 30:** Snowflake Day – Get creative and gear up for the New Year! 🌟
- 🍿 **January 2:** Popcorn Movie Day – Send your child with their favorite popcorn. 🎬
- 🍕 **January 3:** Pizza Party – Another fun pizza day for \$7 (optional).

Thank you for reading!

DYNAMIC TAEKWONDO

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